

Below is a table of nutrients. You need to do some research to find 2 examples of food that gives you that nutrient. You can either draw a picture or write the name of the food. You also need to fill in the part of the table that asks why we need this nutrient. Below the table is another table that details some of the reasons why we need these nutrients. You need to match them up to the right place. If you cannot print this sheet out. You can draw the table out into your book and complete the work.

Nutrient type	Food that provides nutrient		Why we need it
Protein			
Carbohydrate			
Fats			
Vitamins			
Minerals			
Water			
Fibre			

Keeps you healthy	Gives you energy
Moves nutrients in the body and cleans waste	Grows and repairs your body
Helps you to digest food	Gives you energy
Keeps your healthy	